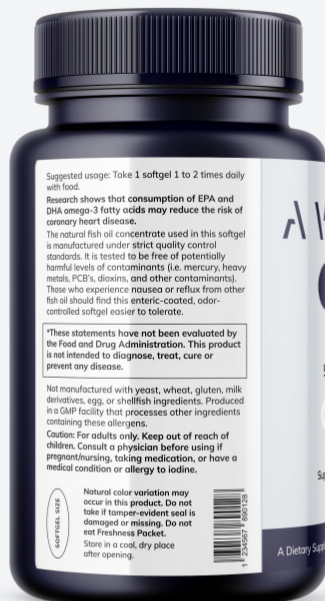


How to read a supplement label

Dietary supplements are regulated by the U.S. Food and Drug Administration (FDA), and all labels must follow a consistent format to make it easier for consumers to understand supplements. There are some tricks to understanding dietary supplement labels well, so be sure to pay attention to the following points when you're evaluating your supplements.



- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____



- | | |
|---|--|
| <p>01 Recommended use: the brand's suggested use instructions for the supplement</p> <p>02 Claims: a supplement may include a health claim, nutrient content claim, and/or a structure/function claim</p> <p>03 FDA disclaimer: the disclaimer is included when certain claims are made on the product label</p> | <p>04 Advisory statements</p> <p>05 Actual size of the supplement</p> <p>06 Storage recommendations</p> |
|---|--|

■ Required by the FDA



07 **Statement of identity:** the identity of the product and name of the dietary supplement

08 **Formula information**

09 **Net quality of contents statement:** the amount of the dietary supplement in the product

■ Required by the FDA

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10 Supplement Facts: panel indicating ingredients and nutrition facts for the product

11 Serving size: the serving size, and sometimes the number of serving per container, will be included to help you compare more easily between products

12 Percent Daily Value: this value is established according to a 2,000 calorie diet. Ingredients that are not considered essential in the diet will not have an established daily value

13 Certification logos: seals that identify the product meets certain quality standards

14 Other ingredients: list of the other ingredients not already declared above

15 Allergen information: eight major food allergens (i.e., eggs, fish, milk, peanuts, shellfish, soybeans, tree nuts, and wheat) must be identified on the label when present

16 Business information: name and contact information of the manufacturer or supplier

■ Required by the FDA

References

1. Center for Food Safety, & Nutrition, A. (July 18, 2006). Food Allergen Labeling And Consumer Protection Act of 2004 Q&A. <https://www.fda.gov/food/allergens/gluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-questions-and-answers>
2. Center for Food Safety, & Nutrition, A. (June 19, 2018). Label claims for conventional foods and dietary supplements. <https://www.fda.gov/food/food-labeling-nutrition/label-claims-conventional-foods-and-dietary-supplements>
3. Supplement labels diagram. (n.d.). NOW Foods. <https://www.nowfoods.com/file/supplement-labels-diagram.jpg>
4. U.S. Food & Drug Administration. (2005, April). Dietary supplement labeling guide. U.S. Food & Drug Administration. <https://www.fda.gov/food/dietary-supplements-guidance-documents-regulatory-information/dietary-supplement-labeling-guide>



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

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